

ACTIVITY # 16**PROBLEM SOLVING****STRUCTURE** Large and small groups**MATERIALS** Handout called: “Problem Solving Scenarios”**TIME** 45 minutes

- DIRECTIONS**
1. Present the IDEAL problem solving formula to participants.
 2. Divide participants into small groups and provide each group with a problem scenario.
 3. Ask students to apply the IDEAL formula to their problem scenario and role play it to the group.

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| I | Identify the problem <ul style="list-style-type: none"> ● <i>What exactly is the problem?</i> ● <i>Write down: “The problem is ...”</i> |
| D | Describe all possible solutions <ul style="list-style-type: none"> ● <i>Brainstorm all possible solutions.</i> ● <i>Discuss the problem with others (i.e. parents, teachers, peers, etc.).</i> ● <i>Write down all possible solutions.</i> |
| E | Evaluate the consequences of each solution <ul style="list-style-type: none"> ● <i>Consider the pros and cons of each solution.</i> ● <i>Is it a good solution?</i> ● <i>Will it make the problem better or worse?</i> |
| A | Act <ul style="list-style-type: none"> ● <i>Choose a solution and try it.</i> ● <i>Role playing in the classroom may provide this opportunity.</i> ● <i>Class may vote on which solution to choose.</i> |
| L | Learn <ul style="list-style-type: none"> ● <i>Did it work? Why? Or why not?</i> ● <i>Re-evaluate: consider the pros and cons of other choices.</i> |

Adapted from Changing: A Guidebook About Puberty, prepared by the Always, Clearasil, Tampax, Secret and Old Spice brands together with the Ontario Physical and Health Education Association (OPHEA).

